

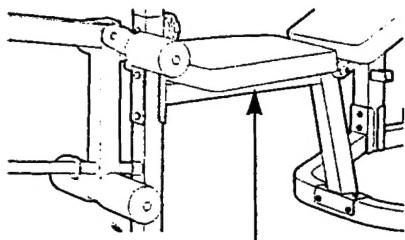
# WEIDER PRO 34G

PATENT PENDING

Model No. WEBE34070

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:  
**1-800-999-3756**  
Mon.-Fri., 6 a.m.-6 p.m. MST

## CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

RELEASED TO  
AUG 15 1997  
MANUFACTURING



## USER'S MANUAL

---

## TABLE OF CONTENTS

---

|                                    |            |
|------------------------------------|------------|
| LIMITED WARRANTY .....             | 3          |
| IMPORTANT PRECAUTIONS .....        | 4          |
| WARNING DECAL PLACEMENT .....      | 5          |
| BEFORE YOU BEGIN .....             | 6          |
| ASSEMBLY .....                     | 7          |
| ADJUSTING THE WEIDER PRO 340 ..... | 13         |
| EXERCISE GUIDELINES .....          | 17         |
| ORDERING REPLACEMENT PARTS .....   | Back Cover |

Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached to the center of this manual. Remove the PART IDENTIFICATION CHART and the PART LIST/EXPLODED DRAWING before beginning assembly.

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

# IMPORTANT PRECAUTIONS

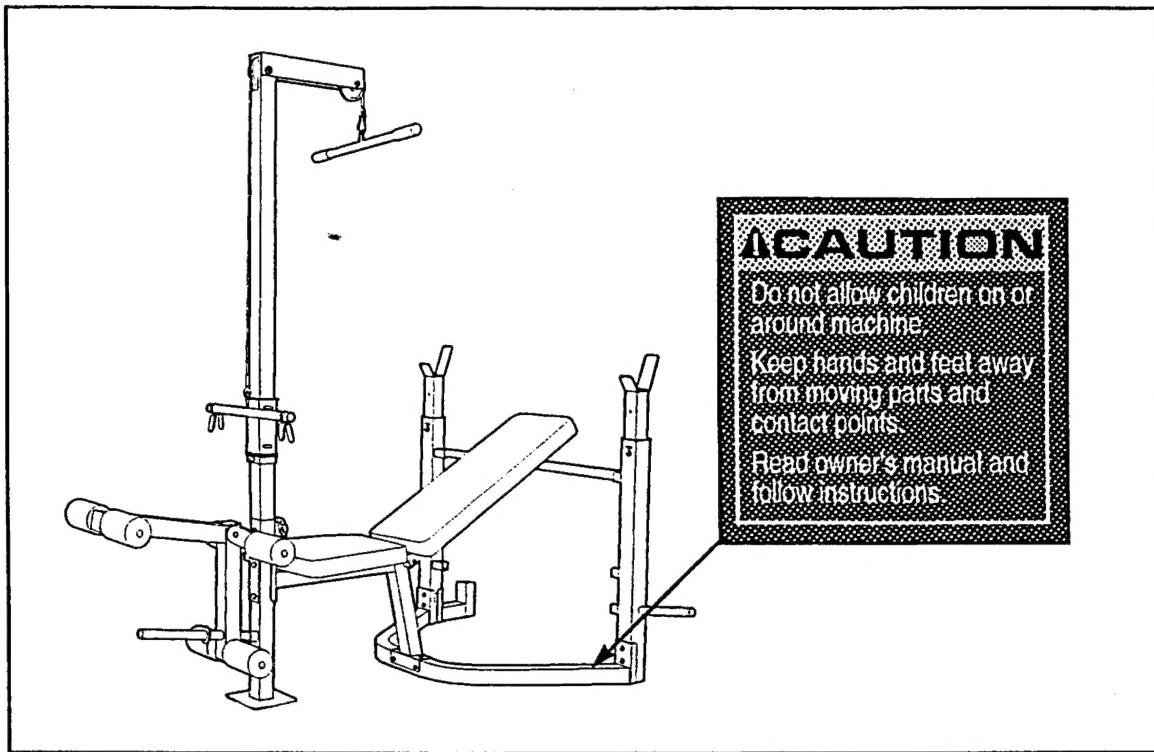
**WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
5. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Do not use a barbell (not included) longer than six feet with this weight bench.
10. Always be sure there is an equal amount of weight on each side of your barbell (not included) when you are using it.
11. The weight bench is designed to support a maximum of 460 pounds, including the user, a barbell, and weights. Do not place more than 210 pounds, including a barbell and weights, on the weight rests; do not place more than 130 pounds on the weight carriage; do not place more than 130 pounds on the leg lever for normal use.
12. Always place 50 pounds on the leg lever when performing squat exercises to balance the bench (see page 15).
13. Always fold the backrest out of the way when performing squat exercises (see page 15). Do not sit on the seat when the backrest is folded.
14. Do not stand with your back to the weight bench when performing squat exercises (see page 15). You should be able to see the weight rests while exercising so that you can safely return the barbell (not included) to the weight rests when you finish the exercise.
15. When using the backrest, make sure that the adjustment tube is fully inserted into the adjustment brackets on the uprights.
16. Always remove the lat tower or curl post from the front leg and place the 2" inner cap over the open tube before performing leg curl or leg extension exercises with the leg lever (see page 14).
17. Always set both weight rests at the same height. The long adjustment knob must always be inserted through both the weight rest and upright and firmly tightened. Never tighten the long adjustment knob into an upright and then set a weight rest in the upright on top of the long adjustment knob.
18. Always exercise with a partner. When you are performing bench press exercises, squat exercises, or toe raise exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
19. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

## **WARNING DECAL PLACEMENT**

The decal shown below has been placed on the weight bench. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a replacement decal. Apply the replacement decal to the location shown.



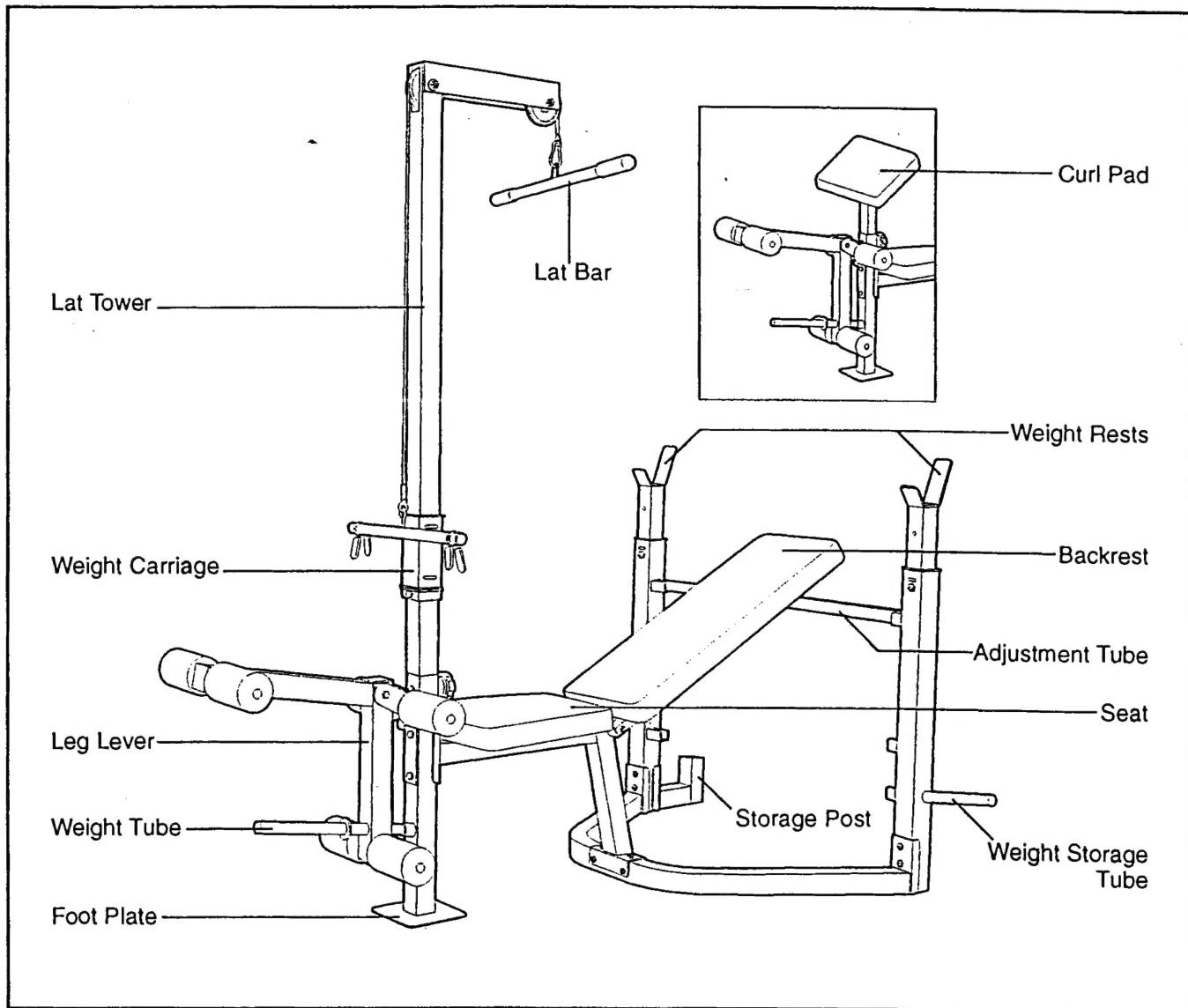
# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 340 Weight Bench. The PRO 340 Weight Bench is designed to let you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the PRO 340 Weight Bench will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the WEIDER® PRO 340 Weight Bench.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756,

Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE34070. The serial number can be found on a decal attached to the PRO 340 Weight Bench (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



# ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- For help identifying the small parts used in assembly, use the PART IDENTIFICATION CHART attached at the center of the manual.
- As you assemble the weight bench, be sure that all parts are oriented as shown in the drawings.

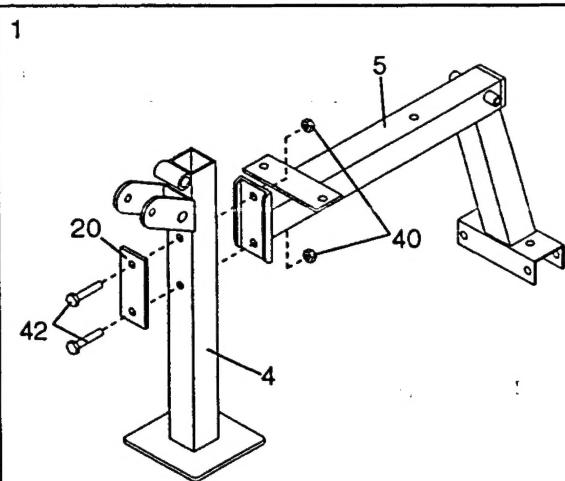
THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- Two (2) adjustable wrenches
- One (1) rubber mallet
- One (1) standard screwdriver
- One (1) phillips screwdriver
- Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

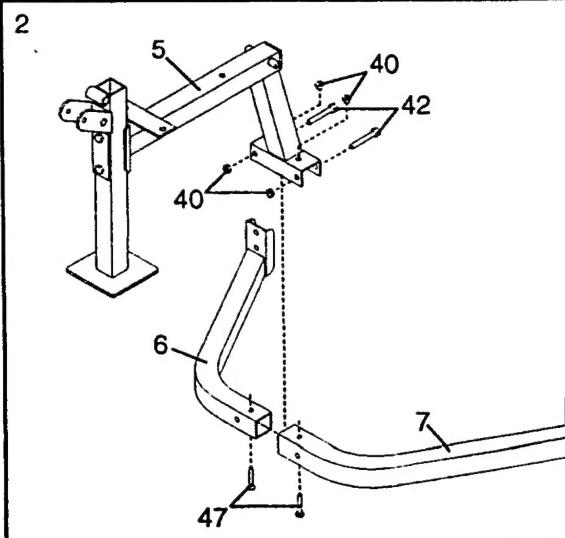
1. Before assembling this product, be sure that you have read and understand the information in the box above.

Attach the Bench Frame (5) to the Front Leg (4) with two M8 x 65mm Bolts (42), Support Plate A (20), and two M8 Nylon Locknuts (40). Do not fully tighten the Nylon Locknuts.

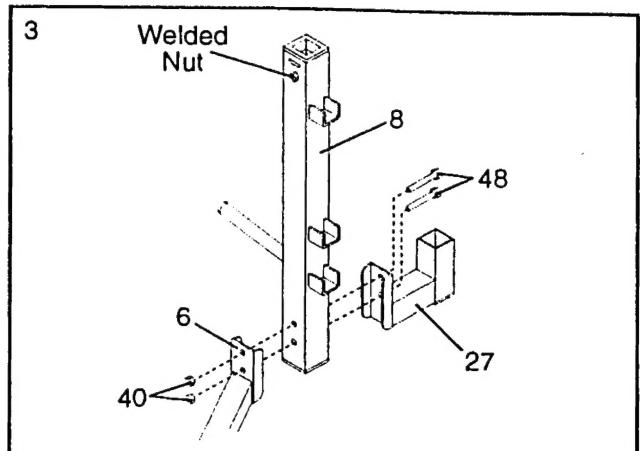


2. Place both sections of the Base (6, 7) on the floor. Insert an M8 x 60mm Carriage Bolt (47) through each section of the Base. Slide the Bench Frame (5) onto the Carriage Bolts in the Base. Partially tighten an M8 Nylon Locknut (40) onto each Carriage Bolt but do not fully tighten the Nylon Locknuts.

Insert two M8 x 65mm Bolts (42) through the Bench Frame (5) and the sections of the Base (6, 7). Partially tighten an M8 Nylon Locknut (40) onto each Bolt but do not fully tighten the Nylon Locknuts.

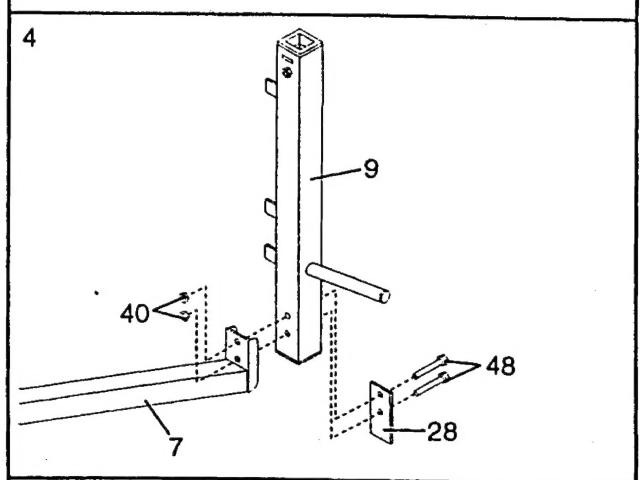


3. Attach Base A (6) and the Storage Post (27) to Upright A (8) with two M8 x 75mm Bolts (48) and two M8 Nylon Locknuts (40). Do not confuse Upright A and Upright B. Locate the welded nut to identify each Upright.



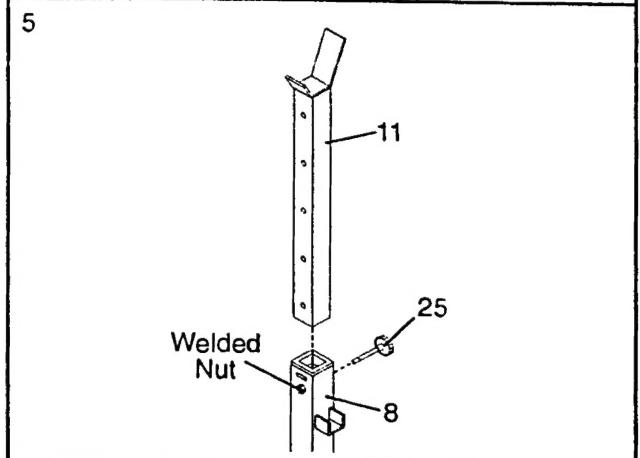
4. Attach Base B (7) to Upright B (9) with two M8 x 75mm Bolts (48), Support Plate B (28), and two M8 Nylon Locknuts (40).

**Tighten the M8 Nylon Locknuts (40) used in steps 1–4 now.**

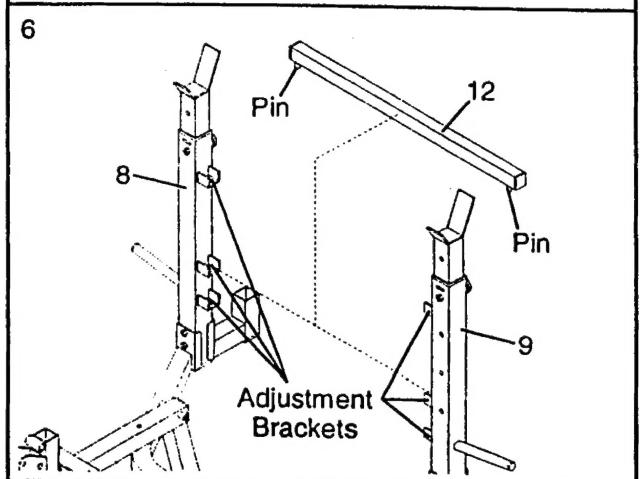


5. Slide a Weight Rest (11) into Upright A (8). Align one of the holes in the Weight Rest with the hole in Upright A. Insert a Small Adjustment Knob (25) through Upright A and the Weight Rest. Tighten the Knob into the welded nut.

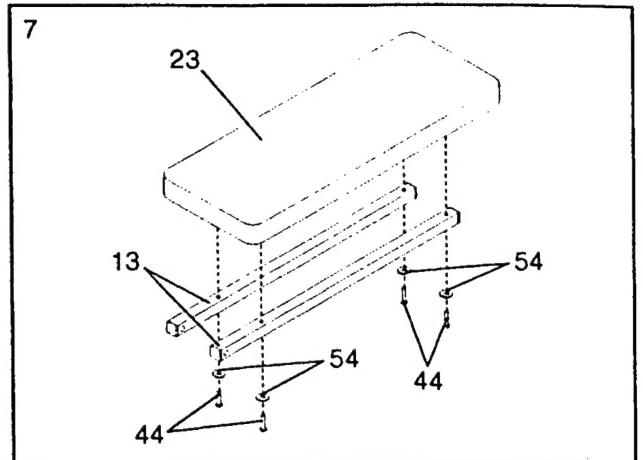
Insert the other Weight Rest into Upright B (not shown) in the same manner. Both Weight Rests must be set at the same height.



6. Insert the Adjustment Tube (12) into one set of adjustment brackets on the Uprights (8, 9). Be sure the Adjustment Tube is oriented as shown and that it is fully inserted into the adjustment brackets on the Uprights.



7. Attach the Backrest (23) to the Backrest Tubes (13) with four M6 x 40mm Bolts (44) and four M6 Washers (54). The Backrest Tubes must be oriented as shown.

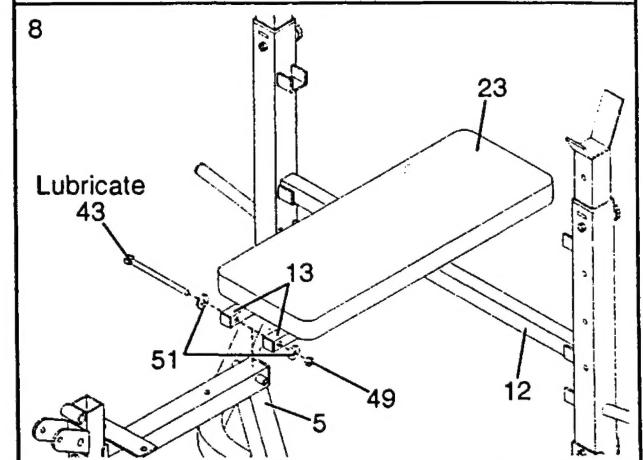


8. Lubricate an M10 x 165mm Bolt (43). Attach the Backrest Tubes (13) to the Bench Frame (5) with the Bolt, two M10 Washers (51), and an M10 Nylon Locknut (49). The Backrest Tubes must be oriented as shown. Do not overtighten the Nylon Locknut; the Backrest Brackets must be able to move freely.

Lower the Backrest (23) onto the Adjustment Tube (12).

...

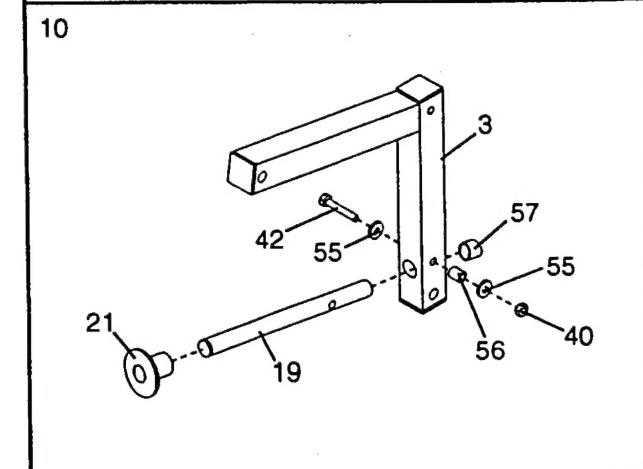
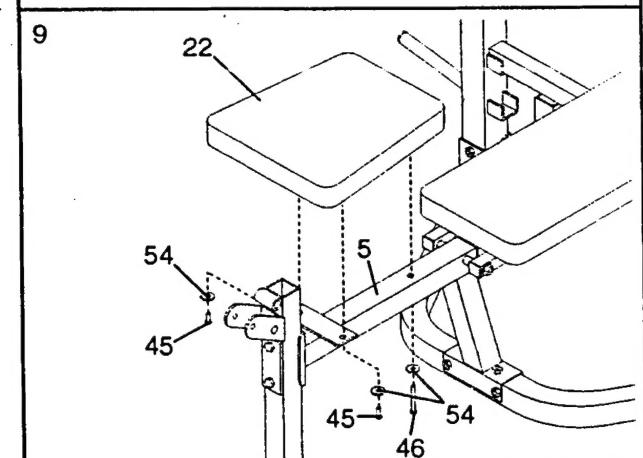
9. Attach the Seat (22) to the Bench Frame (5) with the M6 x 65mm Bolt (46), two M6 x 16mm Screws (45), and three M6 Washers (54).



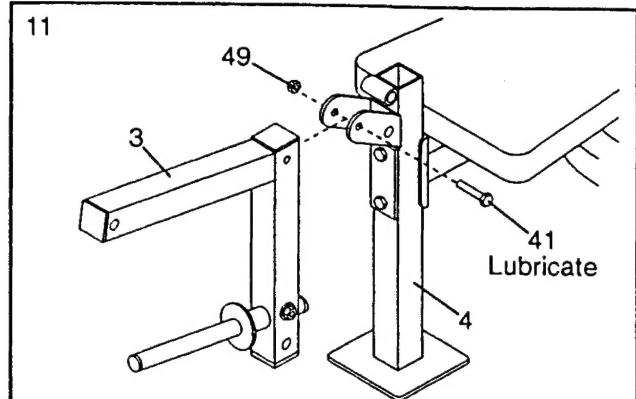
10. Attach the Weight Tube (19) to the Leg Lever (3) with an M8 x 65mm Bolt (42), two M8 Washers (55), a 13mm Spacer (56), and an M8 Nylon Locknut (40).

Press the 1" Round Angle Cap (57) onto the Weight Tube (19).

Slide the Weight Stop (21) onto the Weight Tube (19).

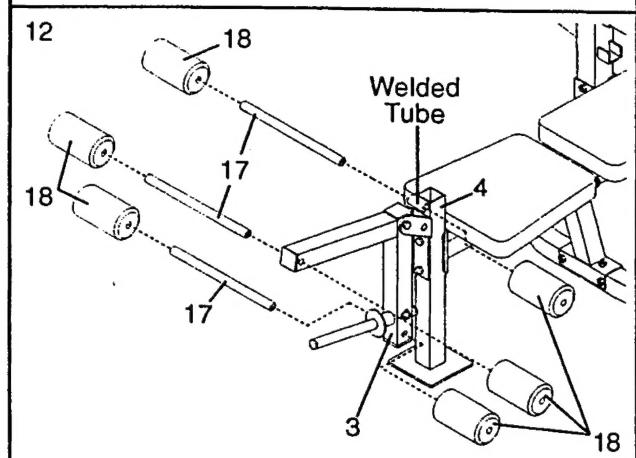


11. Lubricate the M10 x 70mm Bolt (41). Attach the Leg Lever (3) to the Front Leg (4) with the Bolt and an M10 Nylon Locknut (49).



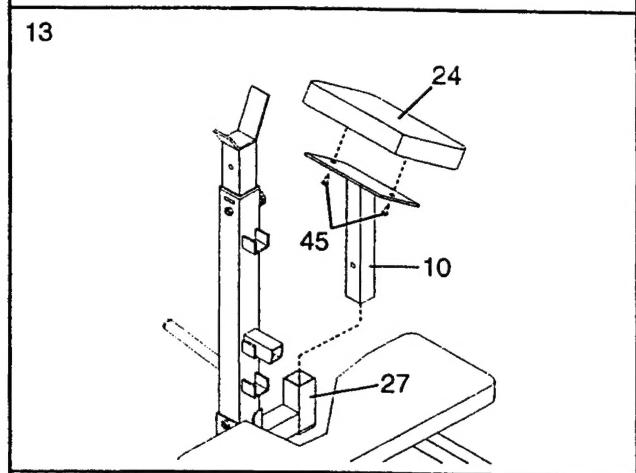
12. Insert a Pad Tube (17) through one hole in the Leg Lever (3). Insert another Pad Tube through the other hole in the Leg Lever. Insert the remaining Pad Tube through the welded tube on the Front Leg (4).

Slide two Foam Pads (18) onto each Pad Tube (17).



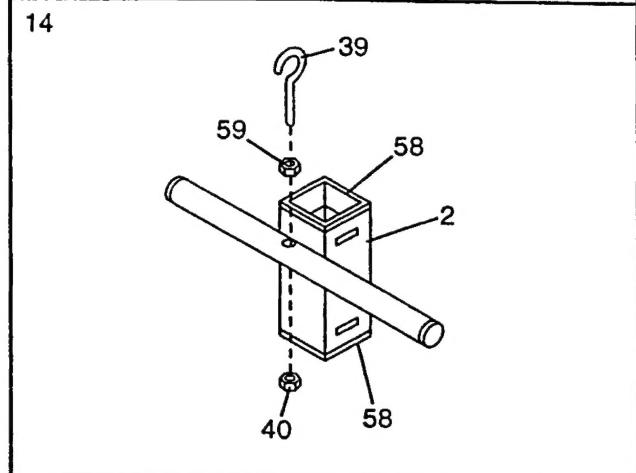
13. Attach the Curl Pad (24) to the Curl Post (10) with two M6 x 16mm Screws (45).

Slide the Curl Post (10) into the Storage Post (27).



14. Fully thread the M8 Nut (59) onto the M8 Eyebolt (39). Insert the M8 Eyebolt through the hole in the Weight Carriage (2) from the direction shown. Tighten an M8 Nylon Locknut (40) onto the Eyebolt.

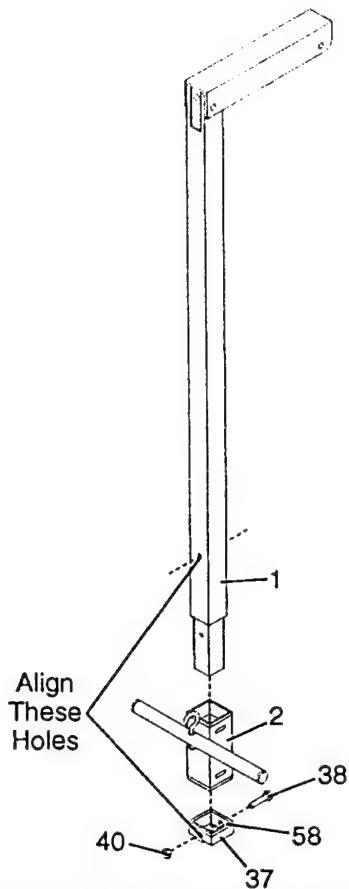
**Be sure that there is a 2 1/2" Square Bushing (58) In the top and bottom of the Weight Carriage. (2)**



15. Slide the Weight Carriage (2) onto the Lat Tower (1). The Weight Carriage must be turned as shown.

Slide the Carriage Stop (37) onto the Lat Tower (1). The 2 1/2" Square Bushing (58) must be facing the Weight Carriage (2). Align the holes in the Carriage Stop with the indicated hole in the Lat Tower. Attach the Carriage Stop to the Lat Tower with the M8 x 70mm Bolt (38) and an M8 Nylon Locknut (40).

15

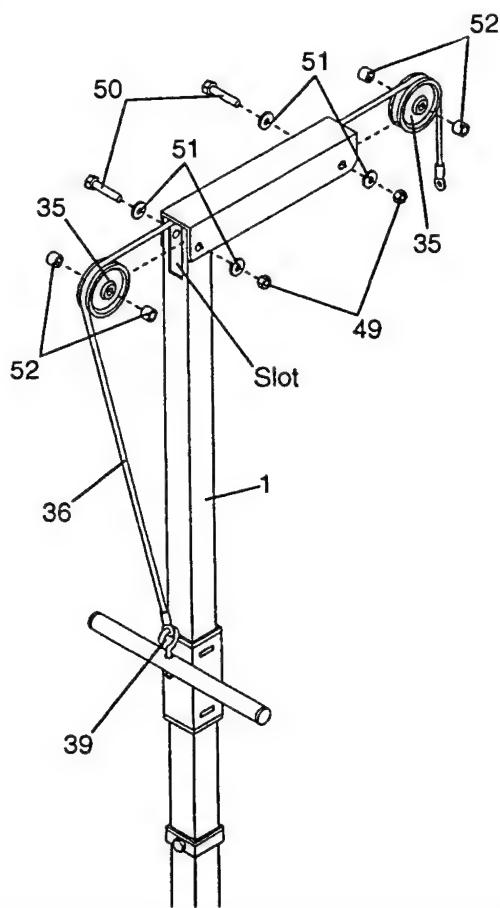


16. Feed the Cable (36) through the indicated slot in the Lat Tower (1). Rest the Cable in the groove of a Pulley (35). Attach the Pulley to the Lat Tower with a 10mm x 75mm Bolt (50), two 10mm Washers (51), two 16mm Spacers (52), and a 10mm Nylon Locknut (49).

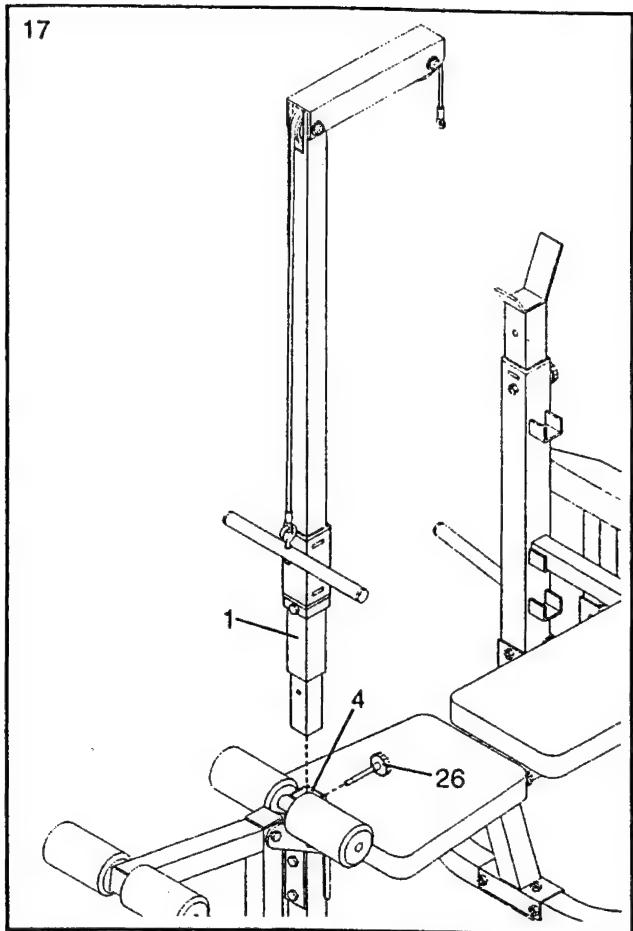
Rest the Cable (36) in the groove of the other Pulley (35). Attach the other Pulley to the Lat Tower (1) with a 10mm x 75mm Bolt (50), two 10mm Washers (51), two 16mm Spacers (52), and a 10mm Nylon Locknut (49). The Cable must run smoothly over both Pulleys.

Attach the Cable (36) to the M8 Eyebolt (39) by sliding the loop on the end of the Cable onto the hook of the Eyebolt.

16



17. Insert the Lat Tower (1) into the Front Leg (4). The Lat Tower must be turned as shown. Secure the Lat Tower with the Short Adjustment Knob (26).



18. Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTING THE WEIDER PRO 340 beginning on page 13.

# ADJUSTING THE WEIDER PRO 340

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 17 for important exercise information and refer to the accompanying exercise poster to see the correct form for each exercise. Refer also to the exercise information accompanying your weight set for additional exercises.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## ADJUSTING THE BACKREST

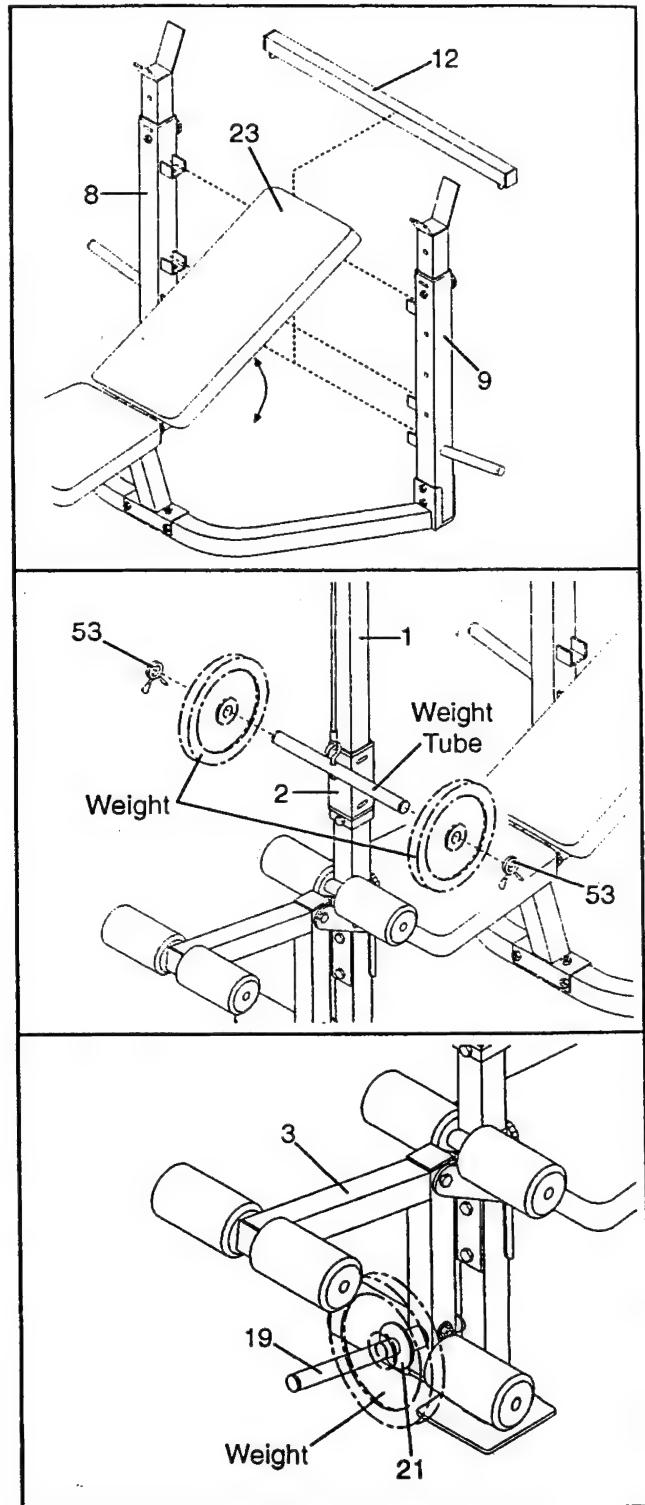
The Backrest (23) can be set to three different positions: a level position, a decline position, and an incline position.

To change the position of the Backrest (23), move the Adjustment Tube (12) to a different set of adjustment brackets on the Uprights (8, 9). **Make sure that the Adjustment Tube is securely seated in the adjustment brackets.**

## ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE

To use the Lat Tower (1), slide the desired amount of weight (not included) onto each side of the weight tube on the Weight Carriage (2). Be sure there is an equal amount of weight on each side of the Weight Carriage. Secure the weights with a Spring Clip (53).

**WARNING: Do not place more than 130 pounds on the weight carriage.**



## ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (3), first be sure the Weight Stop (21) is on the Weight Tube (19). Then slide the desired amount of weight (not included) onto the Weight Tube (19).

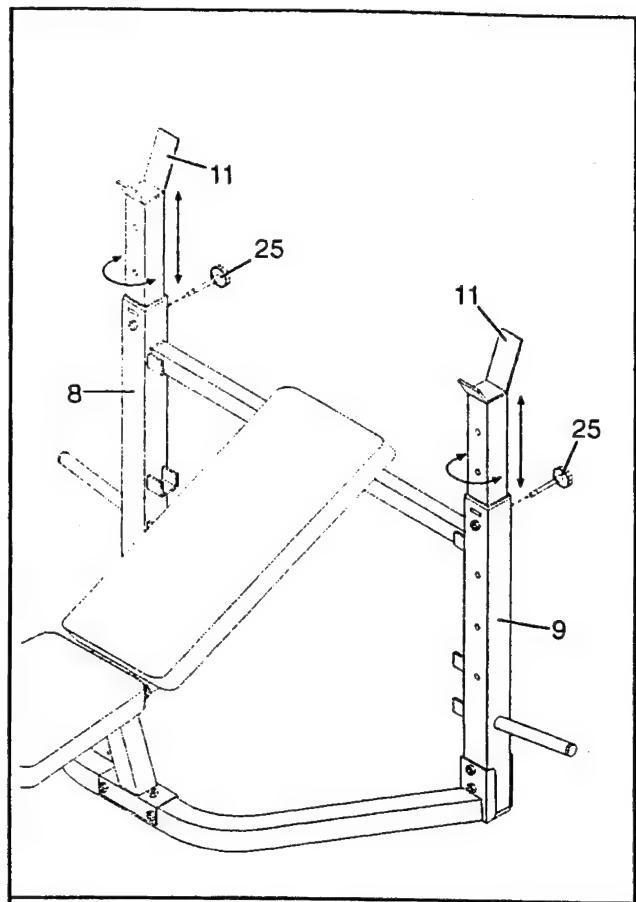
**WARNING: Do not place more than 130 pounds on the leg lever.**

## ADJUSTING THE WEIGHT RESTS

To change the height of the Weight Rests (11), first remove your barbell from the Weight Rests. Then remove the Long Adjustment Knob (25) from the Weight Rest in Upright A (8). Position the Weight Rest at the desired height or turn it around if needed. Align the holes in the Weight Rest and the Upright. Secure the Weight Rest with the Long Adjustment Knob. Be sure that you fully tighten the Long Adjustment Knob.

Position the other Weight Rest (11) in Upright B (9) in the same manner. Both Weight Rests must be set at the same height.

**WARNING:** Always set both weight rests at the same height. The long adjustment knob must always be inserted through both the weight rest and upright and firmly tightened. Never tighten the long adjustment knob into an upright and then set a weight rest in the upright on top of the long adjustment knob.



## ATTACHING THE CURL POST OR LAT TOWER

For some exercises, the Curl Post (10) must be attached to the weight bench.

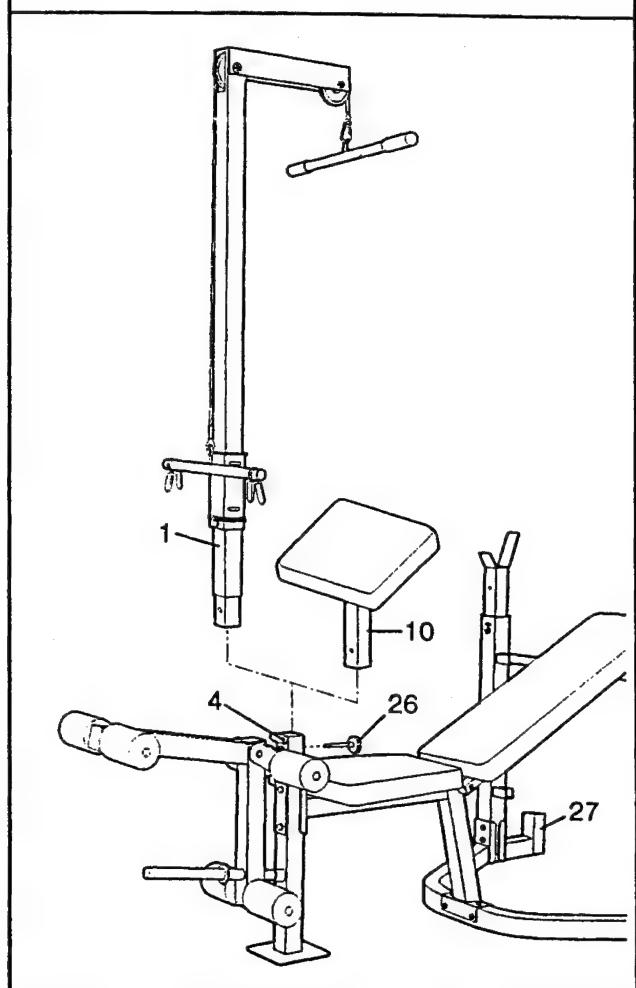
Insert the Curl Post (10) into the indicated hole in the Front Leg (4). Align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the Short Adjustment Knob (26). Be sure that you fully tighten the Short Adjustment Knob.

When the Curl Post (10) is not in use, it can be stored in the Storage Post (27).

For other exercises, the Lat Tower (1) must be attached to the weight bench.

Insert the Lat Tower (1) into the indicated hole in the Front Leg (4). Align the holes in the Front Leg and the Lat Tower. Secure the Lat Tower with the Short Adjustment Knob (26). Be sure that you fully tighten the Short Adjustment Knob.

When the Lat Tower (1) is not in use, it can be stored in the Storage Post (27).



## ATTACHING AND REMOVING THE 2" SQUARE INNER CAP

Do not use the Leg Lever (3), when either the curl post or the lat tower (not shown) are attached to the weight bench.

When you use the Leg Lever (3), insert a 2" Square Inner Cap (29) halfway into the Front Leg (4) to cover the open tube.

When you want to use either the curl post or the lat tower (not shown), remove the 2" Square Inner Cap (29) from the Front Leg (4) and store the 2" Square Inner Cap in a safe location.

## LOCKING THE BACKREST

To perform squat exercises, you will need to lock the Backrest (23) in the upright position.

To lock the Backrest (23), lift and pull it forward until you can insert the Short Adjustment Knob (26) into the indicated hole in the Bench Frame (5).

**WARNING:** Always fold the backrest out of the way when performing squat exercises. Do not sit on the seat when the backrest is folded.

## ADJUSTING THE WEIGHT BENCH FOR SQUAT EXERCISES

To perform squat or toe raise exercises, you will need to lock the backrest in the upright position (see LOCKING THE BACKREST above).

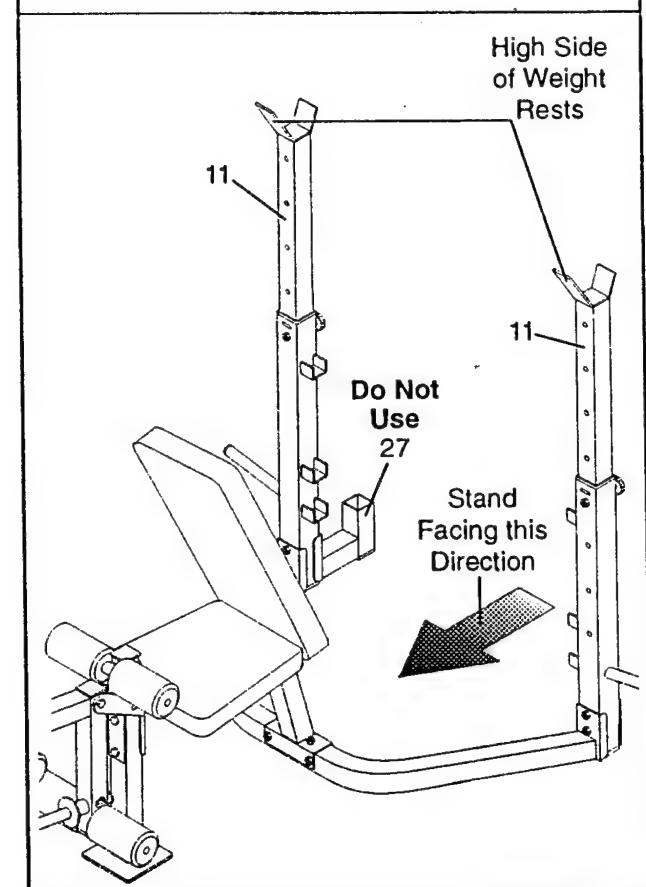
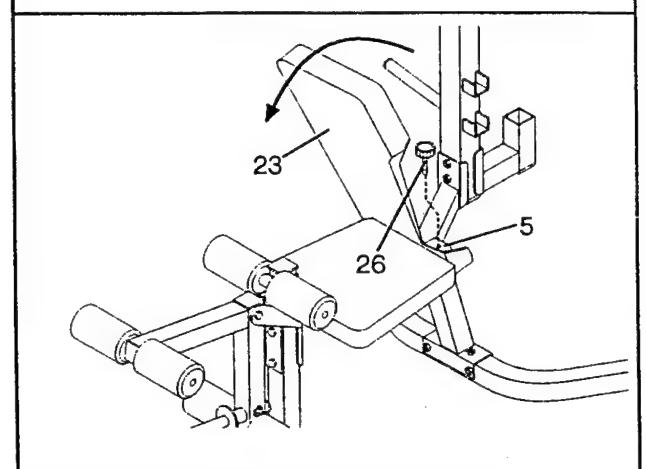
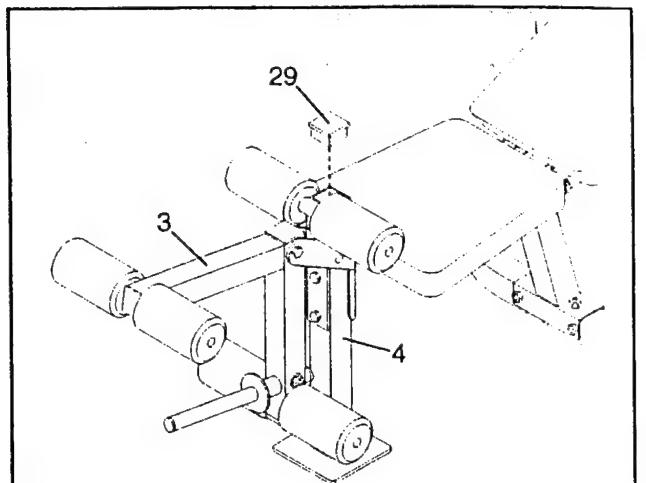
You will then need to raise the Weight Rests (11) to the highest position and turn them around (see ADJUSTING THE WEIGHT RESTS on page 14). The high side of the Weight Rests must be on the side shown.

**Do not use the Storage Post (27) when performing squat or toe raise exercises.**

**WARNING:** Always place 50 pounds on the leg lever when performing squat exercises to balance the bench.

**WARNING:** Always fold the backrest out of the way when performing squat exercises.

**WARNING:** Do not stand with your back to the weight bench when performing squat exercises. You should be able to see the weight rests while exercising so that you can safely return the barbell (not included) when you finish the exercise.

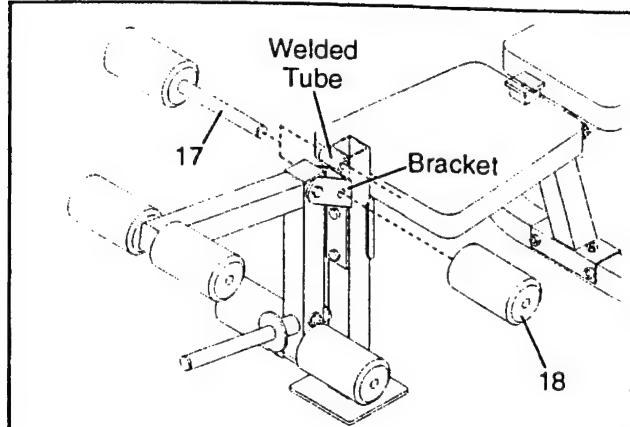


## ADJUSTING THE PAD TUBE

The indicated Pad Tube (17) can be adjusted to either the high or low position, depending on which one is more comfortable for you.

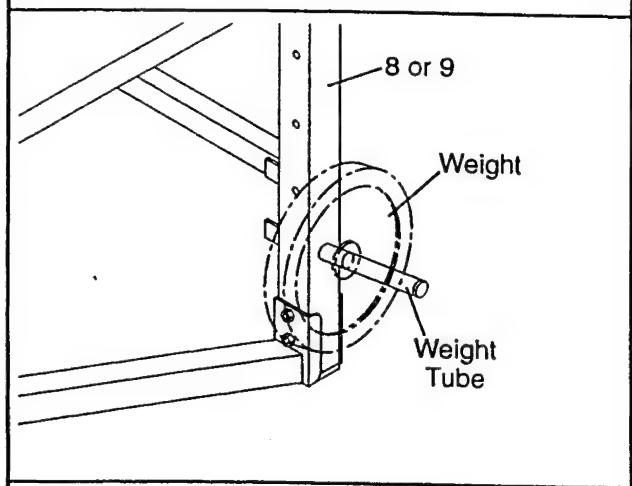
To move the Pad Tube (17) from the high position to the low position, remove one Foam Pad (18). Slide the Pad Tube out of the welded tube on the Front Leg (4) and re-insert it through the hole in the bracket on the Front Leg. Slide the Foam Pad back onto the Pad Tube.

You can move the Pad Tube (17) from the low position to the high position in same manner.



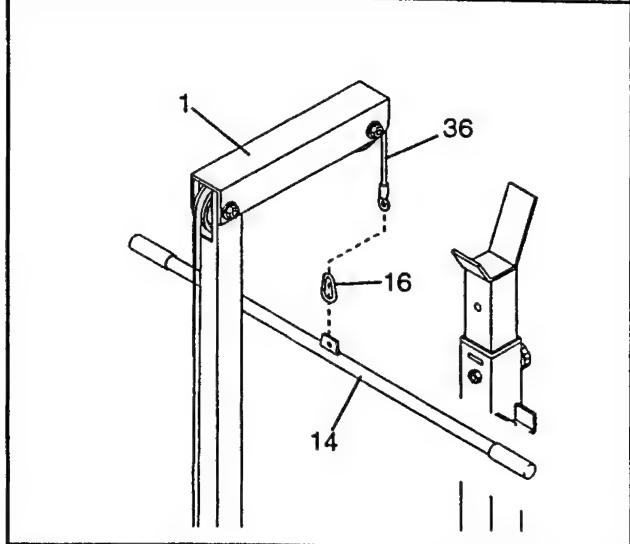
## USING THE WEIGHT STORAGE TUBES

The WEIDER PRO 340 has a convenient weight storage tube on each Upright (8, 9). To use the storage tubes, you can slide several unused weight plates (not included) onto the tubes.



## ATTACHING THE LAT BAR TO THE LAT TOWER

To use the Lat Tower (1), attach the Lat Bar (14) to the Cable (36) with a Cable Clip (16).



# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### • Muscle Building

In order to increase the size and strength of your muscles, you must push your muscles to a high percentage of their capacity. You must also progressively increase the intensity of your exercise so that your muscles will continually adapt and grow. Each individual exercise can be tailored to the proper intensity level by changing the amount of weight used, or the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions performed consecutively.)

The proper amount of weight for each exercise depends upon the individual user. It is up to you to gauge your limits. Select the amount of weight that you think is right for you. Begin with 3 sets of 8 repetitions for each exercise that you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

### • Toning

To tone your muscles, you must push your muscles to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

### • Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

### • Cross Training

In the pursuit of a complete and well-balanced fitness program, many have found that cross training is the answer. We recommend that on Monday, Wednesday and Friday, you plan weight training workouts. On Tuesday and Thursday, plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming. Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate. By combining weight training with aerobic exercise, you can reshape and strengthen your body, plus develop a stronger heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

We have not specified an exact length of time for each workout, or a specific number of repetitions or sets for each exercise. It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace. If you experience pain or dizziness at any time while exercising, stop immediately and begin to cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are also important.

### WARMING UP

Begin each workout with 5 to 10 minutes of light stretching and exercise to warm up. Warming up prepares your body for exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

In order to obtain the greatest benefits from exercising, it is essential to maintain proper form.

Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 18 to find the locations of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke; never hold your breath. Rest

for 3 minutes after each set if you are doing a muscle building workout, 1 minute after each set if you are doing a toning workout, and 30 seconds after each set if you are doing a weight loss workout. Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

### COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch—do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

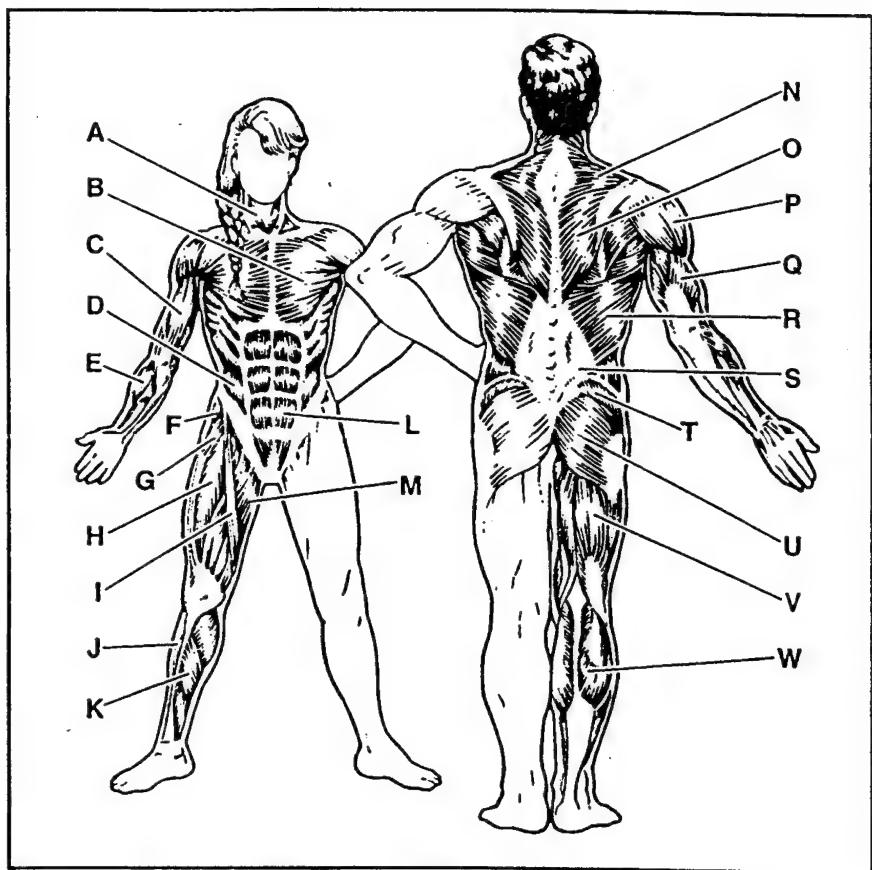
### MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)

### STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 19 of this manual can be photocopied and used to schedule and record your workouts. List the date, exercises performed, weight, and numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



| MONDAY | EXERCISE | WEIGHT | SETS | REPS |
|--------|----------|--------|------|------|
|        |          |        |      |      |
|        |          |        |      |      |
|        |          |        |      |      |
|        |          |        |      |      |
|        |          |        |      |      |
|        |          |        |      |      |
|        |          |        |      |      |

---

**TUESDAY                    AEROBIC EXERCISE**

Date:  
\_\_\_\_ / \_\_\_\_ / \_\_\_\_

| WEDNESDAY | EXERCISE | WEIGHT | SETS | REPS |
|-----------|----------|--------|------|------|
|           |          |        |      |      |
|           |          |        |      |      |
|           |          |        |      |      |
|           |          |        |      |      |
|           |          |        |      |      |
|           |          |        |      |      |
|           |          |        |      |      |

---

**THURSDAY                    AEROBIC EXERCISE**

Date:  
\_\_\_\_ / \_\_\_\_ / \_\_\_\_

| FRIDAY | EXERCISE | WEIGHT | SETS | REPS |
|--------|----------|--------|------|------|
|        |          |        |      |      |
|        |          |        |      |      |
|        |          |        |      |      |
|        |          |        |      |      |
|        |          |        |      |      |
|        |          |        |      |      |
|        |          |        |      |      |

Make photocopies of this page for scheduling and recording your workouts.

---

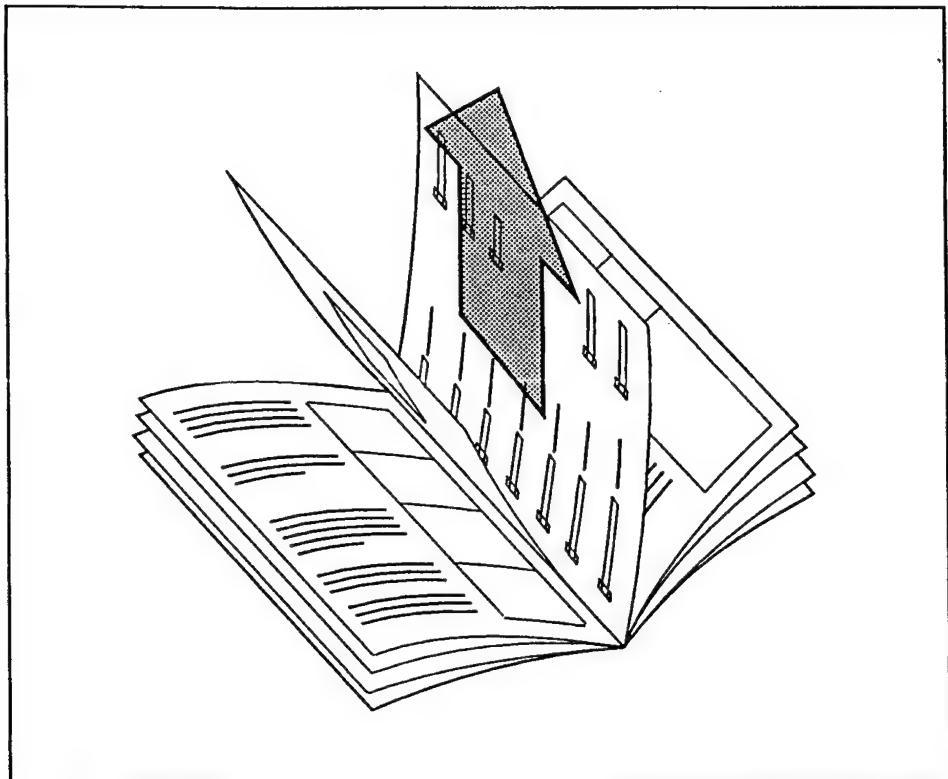
## **ORDERING REPLACEMENT PARTS**

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (WEBE34070).
2. The NAME of the product (WEIDER® PRO 340 Weight Bench).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING at the center of this manual).

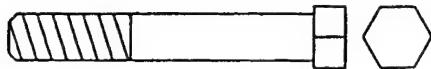
# **REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL**

This chart is provided to help you identify the small parts used in assembly. **Important:** Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly.

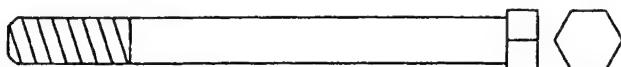




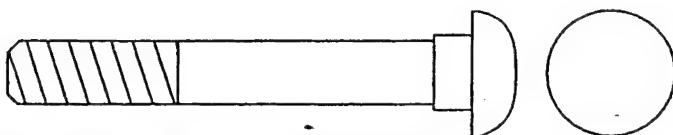
M6 x 16mm Screw (45)-4



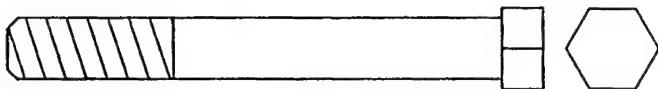
M6 x 40mm Bolt (44)-4



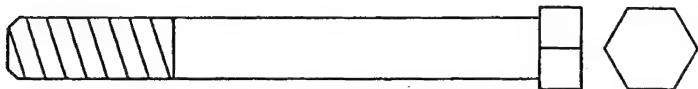
M6 x 65mm Bolt (46)-1



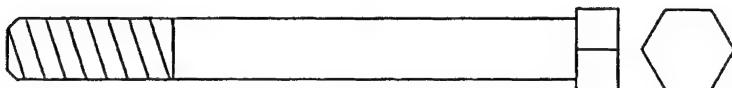
M8 x 60mm Carriage Bolt (47)-2



M8 x 65mm Bolt (42)-5



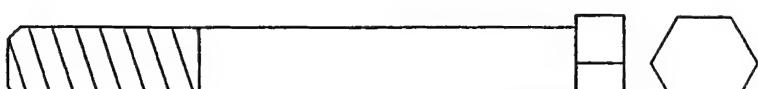
M8 x 70mm Bolt (38)-1



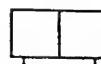
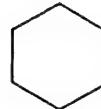
M8 x 75mm Bolt (48)-4



M10 x 70mm Bolt (41)-1



M10 x 75mm Bolt (50)-2

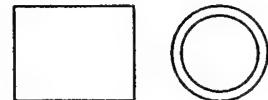


M10 x 165mm Bolt (43)-1





13mm Spacer (56)-1



16mm Spacer (52)-4



M8 Nut (59)-1



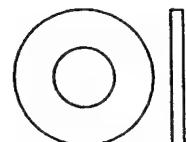
M8 Nylon Locknut (40)-13



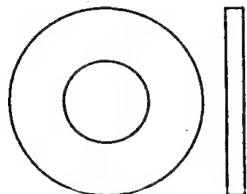
M10 Nylon Locknut (49)-4



M6 Washer (54)-7



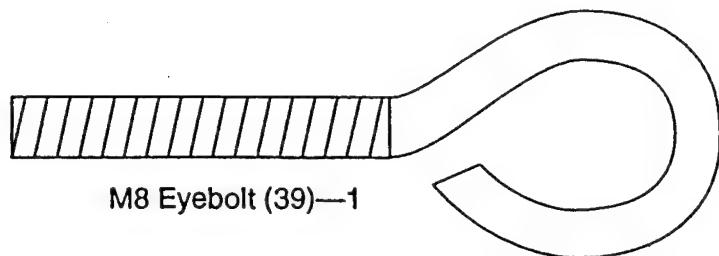
M8 Washer (55)-2



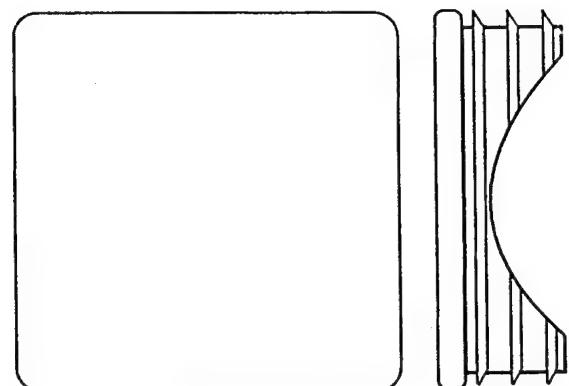
M10 Washer (51)-6



1" Round Angle Cap (57)-1



M8 Eyebolt (39)-1

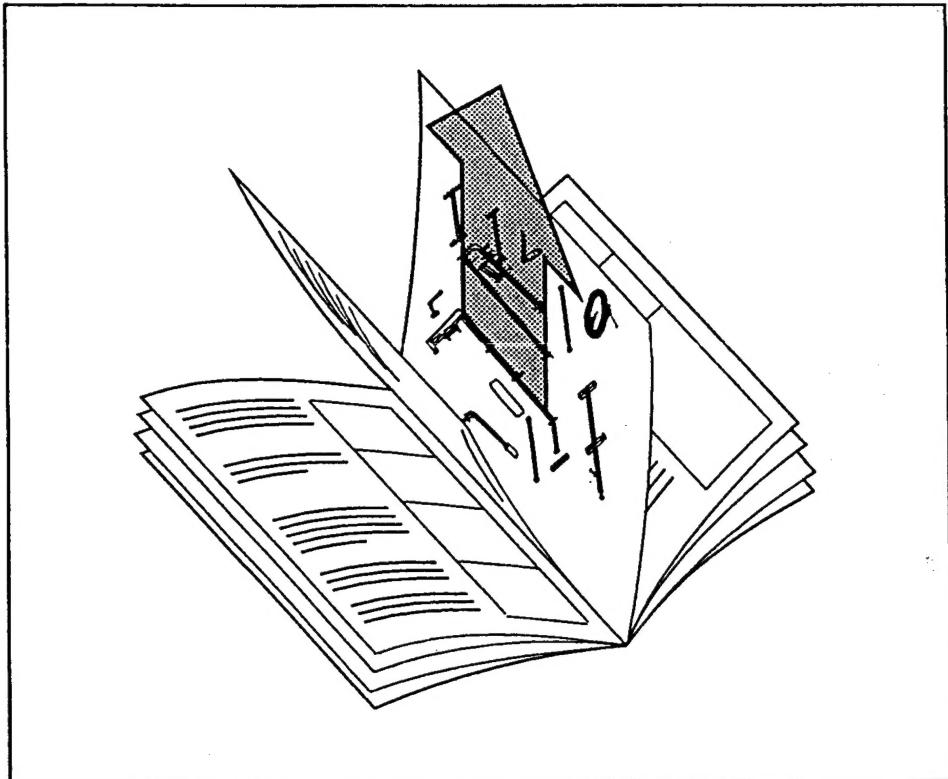


2" Square Inner Cap (29)-6  
(Used in Adjustment. See page 15.)



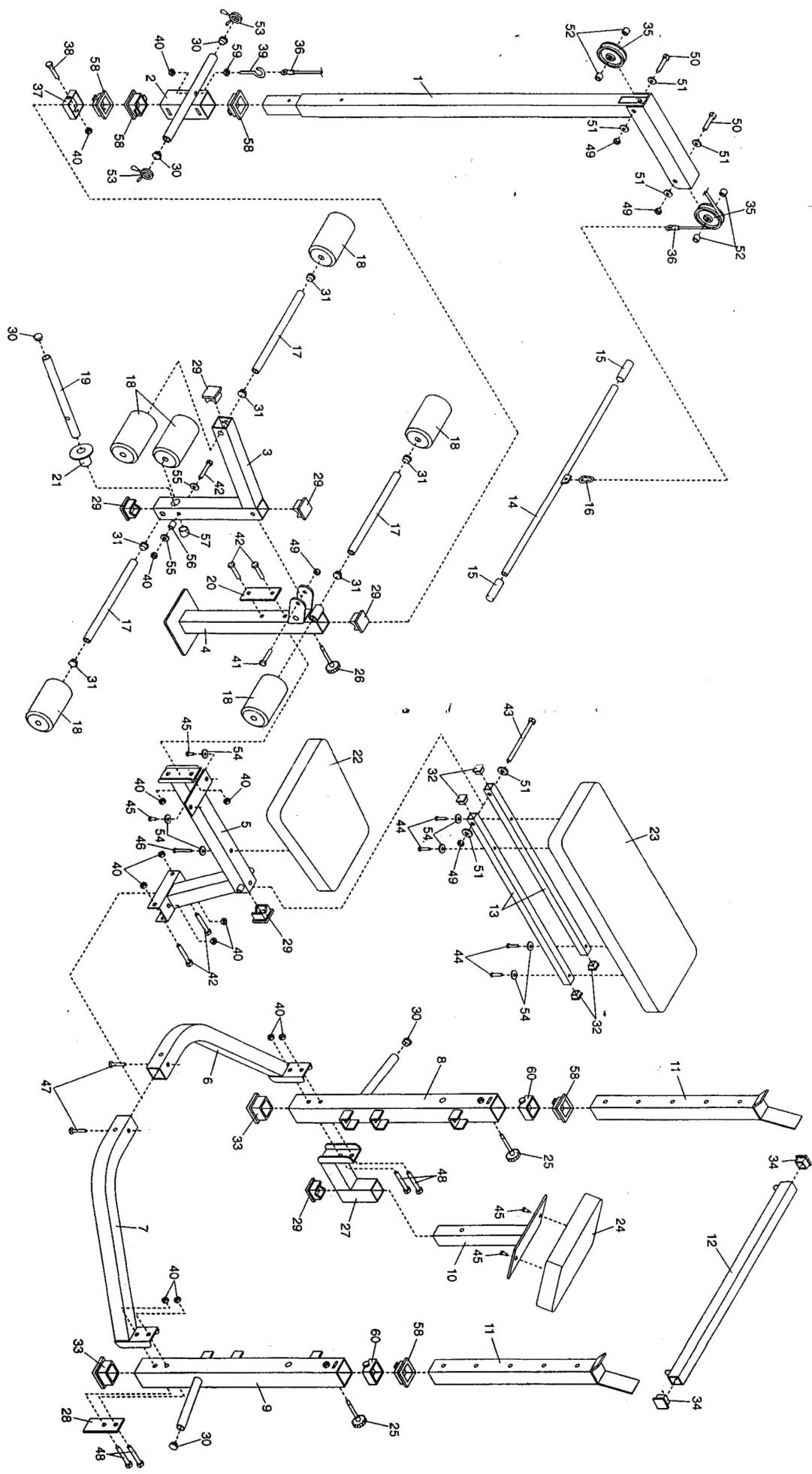
# **REMOVE THIS PART LIST/EXPLODED DRAWING FROM THE MANUAL**

**SAVE THIS PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE**



**EXPLODED DRAWING—Model No. WEBE34070**

R0897A



# PART LIST—Model No. WEBE34070

R0897A

| Key No. | Qty. | Description           | Key No. | Qty. | Description                 |
|---------|------|-----------------------|---------|------|-----------------------------|
| 1       | 1    | Lat Tower             | 31      | 6    | 3/4" Round Inner Cap        |
| 2       | 1    | Weight Carriage       | 32      | 4    | 1" Square Inner Cap         |
| 3       | 1    | Leg Lever             | 33      | 2    | 2 1/2" Square Inner Cap     |
| 4       | 1    | Front Leg             | 34      | 2    | 1 1/4" Square Inner Cap     |
| 5       | 1    | Bench Frame           | 35      | 2    | Pulley                      |
| 6       | 1    | Base A                | 36      | 1    | Cable                       |
| 7       | 1    | Base B                | 37      | 1    | Carriage Stop               |
| 8       | 1    | Upright A             | 38      | 1    | M8 x 70mm Bolt              |
| 9       | 1    | Upright B             | 39      | 1    | M8 Eyebolt                  |
| 10      | 1    | Curl Post             | 40      | 13   | M8 Nylon Locknut            |
| 11      | 2    | Weight Rest           | 41      | 1    | M10 x 70mm Bolt             |
| 12      | 1    | Adjustment Tube       | 42      | 5    | M8 x 65mm Bolt              |
| 13      | 2    | Backrest Tube         | 43      | 1    | M10 x 165mm Bolt            |
| 14      | 1    | Lat Bar               | 44      | 4    | M6 x 40mm Bolt              |
| 15      | 2    | Handgrip              | 45      | 4    | M6 x 16mm Screw             |
| 16      | 1    | Cable Clip            | 46      | 1    | M6 x 65mm Bolt              |
| 17      | 3    | Pad Tube              | 47      | 2    | M8 x 60mm Carriage Bolt     |
| 18      | 6    | Foam Pad              | 48      | 4    | M8 x 75mm Bolt              |
| 19      | 1    | Weight Tube           | 49      | 4    | M10 Nylon Locknut           |
| 20      | 1    | Support Plate A       | 50      | 2    | M10 x 75mm Bolt             |
| 21      | 1    | Weight Stop           | 51      | 6    | M10 Washer                  |
| 22      | 1    | Seat                  | 52      | 4    | 16mm Spacer                 |
| 23      | 1    | Backrest              | 53      | 2    | Spring Clip                 |
| 24      | 1    | Curl Pad              | 54      | 7    | M6 Washer                   |
| 25      | 2    | Long Adjustment Knob  | 55      | 2    | M8 Washer                   |
| 26      | 1    | Short Adjustment Knob | 56      | 1    | 13mm Spacer                 |
| 27      | 1    | Storage Post          | 57      | 1    | 1" Round Angle Cap          |
| 28      | 1    | Support Plate B       | 58      | 5    | 2 1/2" Square Bushing       |
| 29      | 6    | 2" Square Inner Cap   | 59      | 1    | M8 Nut                      |
| 30      | 5    | 1" Round Inner Cap    | 60      | 2    | 2 1/2" Square Inner Bushing |

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.